



Shellharbour Psychological Medicine

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Dr Habib Joseph Behi



Habib is a specialist
medical doctor, a
child, adolescent and
youth psychiatrist

Dr Habib Joseph Behi qualified in Medicine in 2000 (UK) and undertook specialist training in Psychiatry in Wales, obtaining Membership of the Royal College of Psychiatrists (UK) in 2007, Certificate in Child and Adolescent Psychiatry (CCT GMC UK). Since moving to Australia in 2011, he has gained Fellowship with the Royal Australian & New Zealand College of Psychiatrists (2013). Dr Behi has worked across community based (outpatient & day units) and hospital (inpatient) environments looking after children, adolescents and young adults with mental illness and psychological problems.

In addition to the full range of psychiatric illnesses/conditions, as a child psychiatrist, Habib also assesses for and advises on the management/treatment of neurodevelopmental conditions including:

- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum Disorder (ASD)
- Tics/Tourette Syndrome

Arranging your 1st appointment

To make an appointment with Dr Behi you will need a referral. A General Practitioner (GP) referral is ideal.

Once you have the referral – fax it to Shellharbour Psychological Medicine on **(Fax) 02 4295 3644** - the GP/Medical Centre staff will usually do this for you.

If you prefer, you can email it to admin@shellharbourpsychologicalmedicine.com.au or bring it in in-person.

The referral will be reviewed by Dr Behi. The reception staff will then contact you about the appointment booking. It is essential that the referral is still valid when you attend the actual appointment, otherwise you will not get the Medicare rebate, which covers the majority of the fees.

Most of the professional fees are rebated by Medicare. However, fees must be paid in full with an electronic payment card – with instant refunding (around 10 seconds later) of the Medicare Schedule Rebate straight back in to your account.

Attending your 1st Appointment

The first ever appointment with Dr Behi is usually around 60 minutes, sometimes up to 90 minutes. Concluding this appointment, a plan will be agreed which could involve advice, opinion, or specific actions and follow up appointments if needed.

Please arrive 10 minutes before the appointment time. There is a simple registration and consent form to complete prior to the appointment itself.

Follow up appointments

Follow up appointments usually last 30 minutes, which includes time to update the referrer (usually your GP), usually with a letter. The frequency of appointments depends on the need. Usually if a treatment involves a prescription medication, then 3 monthly reviews are appropriate. More frequent appointments are sometimes needed when changes are being made, new treatments are being initiated or where a non-medication intervention (psychological therapy approach) is being undertaken.

It is essential that a valid referral is always in place.

Without a valid referral you will not receive the Medicare Benefits Scheme rebate which usually covers the majority of the fees.

Follow up appointments can easily be made by contacting the Shellharbour Psychological Medicine reception staff. Call **02 4295 3600** or come in in-person.

Administrative tasks & missed appointment catch-ups

Dr Behi asks that you make an appointment if you need to discuss something/complete a form/catch up on your child's progress from an appointment that you could not attend. The time taken to do any of these tasks needs to be diarised, the best way to achieve this is to simply book an appointment with the specific task in mind – and let Dr Behi/reception staff know that's what it's for.

When you don't need appointments anymore

Not everyone who attends an initial appointment needs ongoing follow up. Likewise, not everyone who attends follow up appointments needs follow up forever. When the time comes, and in consultation with you, Dr Behi will let your referring GP know that ongoing follow up is no longer needed. Any ongoing medical management can be transferred to the GP. If needed, beyond this, re-referral can easily be activated. This can be discussed with the GP and any other health professionals involved. Sometimes the referrer is a general or developmental paediatrician, if this is the case, then medical management can be transferred to these other specialists or GP depending on what suits you best.

Crisis and Emergencies

Shellharbour Psychological Medicine is not an emergency or crisis clinic. Assuming the issue cannot wait until your next appointment with Dr Behi, or even an earlier 'cancellation' appointment or urgent review, it is important to know that there are crisis/emergency options available to you.

In an emergency you may need to get urgent or immediate advice. This is available 24/7 from:

- General Practitioners (GPs are generally easier to access than specialists and even have 24/7 services, including home visiting services where indicated).
- **Mental Health Access Line 1800 011 511** – where you can talk to a local clinician, discuss the circumstances and agree on an appropriate plan in a crisis.
- Emergency Departments at Hospital – a safe place where a crisis can be contained and an emergency assessment completed.
- **000** – If life is in imminent danger, the crisis/emergency is not containable/not safe and even getting to a hospital's emergency department is not realistic, the emergency services via **000** are always available.

It is also important to know that there are 24/7 telephone helplines that can be useful in a crisis:

- **Kid's Helpline 1800 55 1800** 'Anytime. Any Reason.'
- **Lifeline 13 11 14** Saving Lives. Crisis Support. Suicide Prevention.

Early/Extra Appointments

If your issue can wait but an earlier appointment is desirable then please contact Shellharbour Psychological Medicine reception staff on **02 4295 3600**. If an earlier appointment is available it can be booked over the phone. It is also possible to join a 'cancellation' wait list – reception staff will contact you if appointments become available, sometimes at short notice.